



Think about
where your child
plays

- Is there chipping paint nearby?
 - Pick up any paint chips and throw them in the garbage.
 - Wash the floor often where the child plays.
 - If a child plays near a window with chipping paint, put something like furniture in front of the window so that the child can't touch the chipping paint.
 - If you live in an apartment, don't let the children play in the hall, stairs, or porch.

Think about how
to keep lead dust
out of your child's
mouth

- Wash children's hands before eating and before sleeping.
- Wash children's toys and pacifiers.
- Don't let children eat food that has fallen on the floor.
- Feed your children at a clean table or high chair.

Wash up dust

- Wash window sills, trim and other areas children touch.
- Wash floors once a week.

Test your child
for lead

- One and two year olds should have a blood lead test. MaineCare requires it.
- Ask your doctor to order a blood lead test for your child.
- If your child's lead test comes back high, your child will need other lead tests to make sure the lead is leaving his body.
- Make sure you keep your child's appointments with his doctor.

Protect your family.

- Check this website: www.maine.gov/healthyhomes
- Call for advice: 1-866-292-3474 • TTY: 800-606-0215



Maine Center for Disease
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